

December 2016

Centennial Hills Active Adult Center 50+

6601 N. Buffalo Drive (702) 229-1702

Monday-Friday, 7 a.m. - 6 p.m.

Pre-registration for all activities marked with a (+) begins Tuesday, Nov. 15.

CLASSES

CHAAC Book Club

December: Still Alice by Lisa Genova
January: The Stone Diaries by Carol Shields
Wednesday, Dec. 7, 12:30 p.m., FREE

Current Events Discussion Group

This self-led, open-minded group meets the
2nd and 4th Wednesday of each month.
Wednesdays, Dec. 14 & 28, 12:30 p.m., FREE

Healthy Eating Seminar (+)

Learn how making small changes to
your diet can make you feel better.
Wednesday, Dec. 21, 12:30 p.m., FREE

Indoor Golf (+)

Mondays, Dec. 5 - 19
9 a.m. **OR** 10:15 a.m., \$5

Jewelry Design Class

Thursdays, 9:30-11:30 a.m., FREE

Knitting

Wednesdays, 8 a.m., FREE

Quilting

Tuesdays, 8:30 - 11:30 a.m., FREE

Scrapbooking and Card Making

Bring your current project and ideas to share.
Monday, Dec. 12, 1 p.m., FREE

**Anything marked with a (+) requires
pre-registration, which begins
Tuesday, Nov. 15.**

SPECIAL EVENTS

**Step by Step to Optimal Health (+)
"Self-Care"**

Ida Connor's will teach you how to manage minor
ailments before then become major problems.
Thursday, Dec. 1, 9 a.m., FREE

Craft with Ashley & Gloria (+)

Make an adorable snowman for the holidays.
All supplies are included;
see a sample at the front desk.
Tuesday, Dec. 6, 1 p.m., \$12

Kidney Disease Education Workshop (+)

Learn how your kidneys function, causes of
chronic disease and the best ways to manage your
diet and health.
Tuesday, Dec. 13, 9:30 a.m., FREE

Holiday Luncheon (+)

Please join us for ham, homemade Mac 'N Cheese, a
vegetable and a homemade dessert.
Mr. Melody will provide entertainment.
Wednesday, Dec. 14, 11:30 a.m., \$8

Movie - "Ghostbusters" (PG-13)

Comedy starring Melissa McCarthy & Kristen Wiig
Monday, Dec. 19, 10 a.m., FREE

Bingo (+)

Play Bingo on our electronic board and enjoy
a Christmas Cookies.
Thursday, Dec. 22, 11 a.m., \$5

Holiday Breakfast (+)

Enjoy a cinnamon roll bake.
Thursday, Dec. 28, 9 a.m., \$5

Coming in January!!!

Wayne Newton's Casa de Shenandoah Trip

Join us as we tour Wayne Newton's Casa de Shenandoah home, the visitor's center,
museum, and 52-acre property. You'll enjoy a tour of the first floor of the mansion, the
Aramus Arabian Horse showcase, private jet, car collections and much more!

Lunch will be provided after the tour.

Wednesday, Jan. 25 \$60 member/\$75 non-member 12-49

Utility Tax Sewer Rebate Program (+)

If you are a resident of the city of Las Vegas; are 60 years of age or older; have a taxable income of less than \$16,500 single, \$18,900 married or head of household; you may qualify for this rebate of franchise taxes on your electric, gas and home phone bills and a rebate on sewer bills. Bring in complete copies of your 2016 NV Energy Power, Century Link or Cox Telephone and Southwest Gas bills. You must provide identification and proof of income. (The bills must be in the name of the person filing for the rebate. If the spouse is deceased please bring proof.) For the sewer rebate you must bring copies of bills and proof of payment of your 2016 bills.

Registration begins Dec. 27 by calling 702-229-1702

Health, Wellness & Community Assistance

Pre-Planning with the Neptune Society (+)

Learn what services are available to take the burden off of family members and to ensure your final wishes are met.

Monday, Dec. 5, 10 a.m., FREE

Grief & Loss Support Group

This group is for anyone who's lost a loved one.

Tuesdays, Dec. 13 & 27, 9 a.m., FREE

Medicare Assistance

Lee Jordan will be back in January 2017

Senior TOPS (Taking Off Pounds Sensibly)

Thursdays, 8 a.m., 1st meeting is FREE

AARP "Smart Drive" Course

This course will return in January 2017

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Centennial Hills Active Adult Center will be CLOSED on Dec. 26

DAILY CARDS & GAMES

Due to other activities, please don't arrive more than 15 minutes prior to the start of each game listed below.

Bridge (Party)

Wednesdays, 3 p.m.

**room access 2:50 p.m.*

Fridays, 8:30 a.m. - 12:30 p.m.

Chinese Mah Jongg

Wednesdays, 2 p.m.

Dominos (Mexican Train/Chicken Foot)

Tuesdays, 12:30 p.m.

Duplicate Bridge

Wednesdays, Noon. - 2:45 p.m.

**room access 11:50 a.m.*

Hand & Foot Canasta

Fridays, noon

Mah Jongg (National League)

Mondays and Thursdays, 12:30 p.m.

Pinochle

Mondays, 8 a.m. - noon

Mondays, 2 p.m.

Tuesdays, 2:30 p.m.

Poker

Tuesdays, 1 p.m.

Thursdays, 11:30 a.m.

Rummikub

Thursdays, 1 p.m.

All afternoon games must END by 5:45 p.m.

Our annual membership fee is \$10 per year and includes access to all activities listed in this newsletter, some of which may have an additional fee. Through a partnership with the Centennial Hills YMCA, city of Las Vegas Centennial Hills Active Adult members have limited time usage of the cardio/weight room and the indoor lap pool. Pick up a fitness schedule at our front desk.



www.lasvegasparksandrec.com

